



**Triathlon (Swim/Bike/Run)
Pentathlon GB Tetrathlon/Triathlon
Summer Residential & Non Residential Training Camp
Leweston School
Sherborne Dorset DT9 6EN
Monday 6 August – Saturday 11 August 2018**

Dear Athlete,

You are invited to join us for our Summer Residential and Non Residential Training Camp at Leweston School, which enjoys a campus of 46 acres of beautiful parkland just outside Sherborne, Dorset.

This camp is aimed at 9 – 18 year olds who wish to develop their skills in Biathle, Pentathlon, & Triathlon (older athletes will also be considered). Participating athletes will enjoy a programme of daily running and swimming activities; the camp will also offer the opportunity to try fencing, shooting, and biking. All training will take place on the Leweston campus.

Mick Flaherty, National Triathle & Biathle Coach, will be managing the camp and training programme. Mick will be supported by professional triathlon, fencing and shooting coaches. All levels of athletes will be equally involved with groups organised according to ability. All equipment will be supplied by the school including guns and fencing kit, but should you have your own equipment then please do bring it along. An outline of a daily training programme can be seen below:

- **Swimming** 1 x 1.5 hours training each day; working on stroke improvement, open water swimming at Weymouth beach, and stamina training.
 - **Running** 1 session each day.
- Or
- **Run/Swim** Back to back training.
 - **Bike/Run** Back to back training.

A choice of the following:

- **Fencing** 1 session each day working at the appropriate level for the individual (Fencing equipment provided).
 - **Shooting** 1 session each day working on technique, static and combined (Guns provided) with choice of laser or pellet shooting.
 - **Cycling** 1 session each day working on biking skills, stamina, bike maintenance and set up.
 - **Transitions** 1 or 2 sessions per week on setting up your equipment in transition, and how to get through transitions as efficiently as possible.
- You must bring your own bike and helmet (this may be a mountain bike) and a safety helmet must be worn throughout all bike training**

Land Training & Strength and Conditioning will also be taking place during the week.

Fencing Lessons One to One

This year there is the opportunity for an extra £20 to sign up for extra fencing lessons one to one during the camp, this will be split down to 3 x 20min lessons, if you wish to sign up for this please add to the booking form, there are limited space for these lessons.

If you would like to do a variety of sports or the same sport each day please tick the appropriate boxes.

As part of the training we will travel to Weymouth to complete some open water swimming practice. Wetsuits are not compulsory however if you do own one please bring it along. The camp will culminate with the Leweston Triathlon (swim/bike/run) race and Leweston Tetrathlon (swim/fence/combined shoot, run) taking place at Leweston School on Saturday 11 August 2018. All participants will automatically gain free entry into one of these competitions.

All accommodation will be at Leweston School in single sex dormitories. There will also be an opportunity for parents to stay at the school in a separate boarding house with single and twin bedrooms available for the week or just one day; please email flahertym@leweston.dorset.sch.uk if you wish to stay in the parent accommodation. Male and female chaperones will be on site at all times. All meals will take place in the school dining hall.

The cost of our full residential camp is **£400.00** per person; this will cover all meals, accommodation, coaching, equipment and facility charges. Alternatively, for those in the locality there is a non-residential option of **£260.00** per person covering coaching, equipment and facility charges, lunch and snacks will also be included. (We also accept child care vouchers). For those athletes who are unable to participate in the full week there is also the opportunity to just pay a daily rate. Please contact Mick Flaherty to discuss this option.

The camp will commence at 10:00 on Monday 6 August 2018. For participants having to travel a long distance, and for the additional charge of £15.00 per person, the school will accept arrivals from 17:00 on Sunday 5 August. Supper on Sunday evening will not be provided, but breakfast will be available on Monday morning.

The camp will conclude after the South West Tetrathlon & Leweston Triathlon Race on Saturday 11 August at approximately 14:00.

Places for this exclusive camp are limited. To avoid disappointment, please book online via Bookinghound and either pay a non-refundable deposit of £50.00 by 25 June 2018 or the full amount. To secure your place the remaining balance must be received by 11 July 2018. A training timetable will be sent once the full balance has been paid.

How to Pay

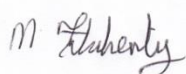
1. Online payment via Bookinghound. Please click the following link: [Summer Residential & Non-Residential Training Camp](#).
2. Childcare vouchers can be used. Please book via Bookinghound and indicate that you are paying with childcare vouchers. For any enquiries regarding childcare vouchers please email woodk@leweston.dorset.sch.uk.
3. If you are a Leweston parent, please insert LEWESTON15 for a promotional discount of 15%.
4. If you have more than one child attending the camp, please insert SIBLING05 for a promotional discount of 5%.

Should you require further information regarding our school, please visit our website at www.leweston.co.uk

If you have any questions regarding this training camp please email flahertym@leweston.dorset.sch.uk or telephone 01963 211071.

We look forward to meeting and coaching those that are able to attend.

Yours faithfully



Mr M Flaherty
Training Camp Co-ordinator and GB Triathle & Biathle Coach